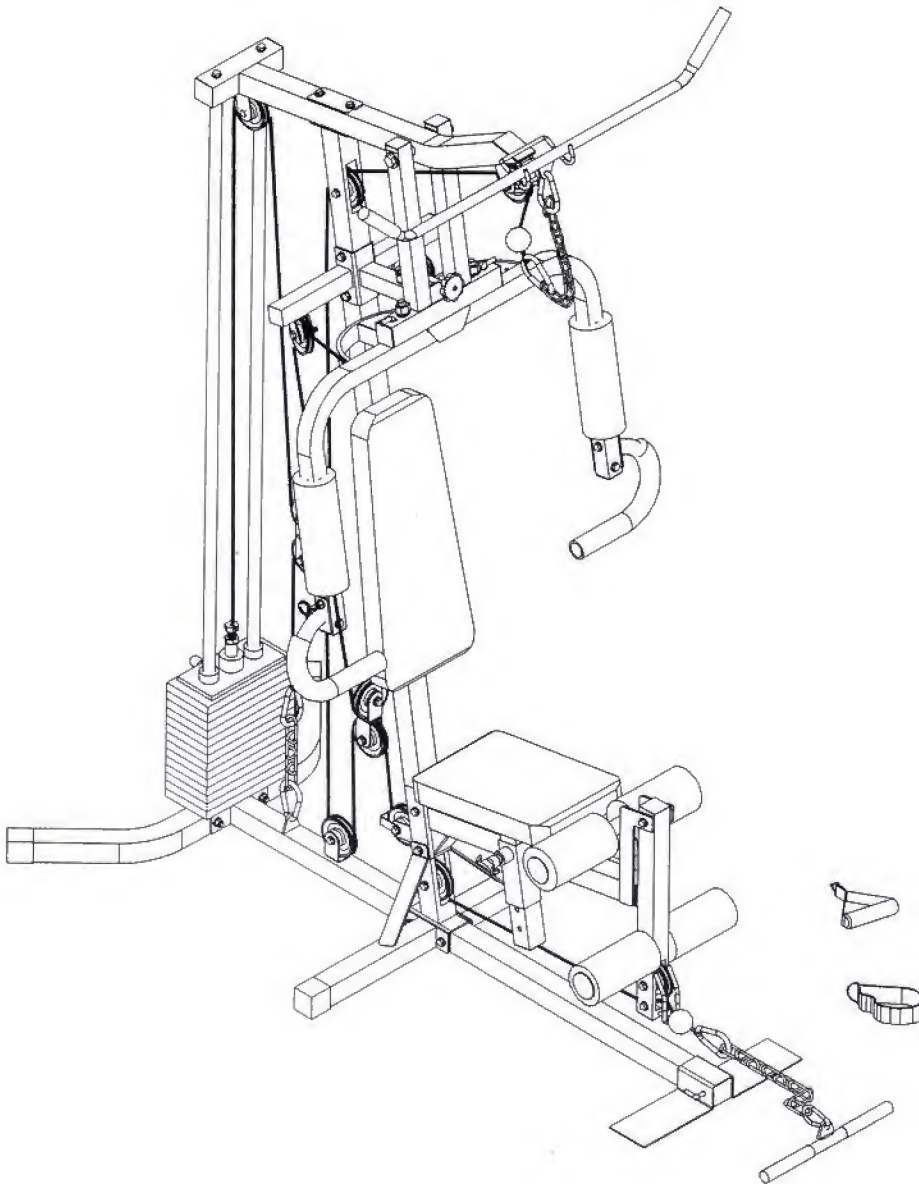




KeysFitness®

We meet all your fitness needs.



Strength Trainer® SF-205

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KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: ST-205
HOME USE WARRANTY: 5 Years Parts

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or wise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone number located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAYBE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOWLONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:

KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

Important Safety Information



WARNING: Before beginning this or any exercise program consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before using this product. Keys Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Inspect and tighten all parts each time you use the unit. Replace any worn parts by contacting your local dealer or Keys Fitness Customer Service at (888) 340-0482.
2. Keep your hands and other parts of your body away from moving parts other than designed handles.
3. Keep small children away from the unit at all times.
4. When adjusting the height make sure the pins are firmly in place. Failure secure the pins firmly may result in injury.
5. If you feel pain or dizziness at any time while using this unit stop immediately and begin cooling down.
6. This unit a has maximum user capacity of 250 pounds.

PARTS LIST

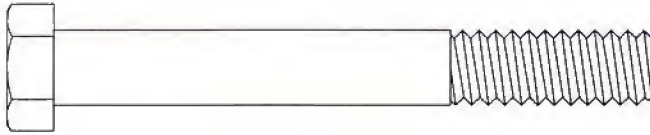


#ITEM	DESCRIPTION	Q'TY
1	BASE FRAME	1
2	BACK BEAM FRAME	1
3	TOP CROSS FRAME	1
4	WEIGHT SELECTION	1
5	BUTTERFLY EXTENSION	1
6	GUIDE ROD	2
7	MAIN SUPPORT FRAME	1
8	BUTTERFLY MOUNT	1
9	RIGHT BUTTERFLY ARM	1
10	LEFT BUTTERFLY ARM	1
11	SEAT SUPPORT FRAME	1
12	SEAT FRAME	1
13	LEG EXTENSION FRAME	1
14	RIGHT BASE SUPPORT	1
15	LEFT BASE SUPPORT	1
16	RIGHT HAND TUBE	1
17	LEFT HAND TUBE	1
18	FOOT PLATE	1
19	LAT BAR	1
20	CURL BAR	1
21	FOAM ROD (SHORT)	1
22	FOAM ROD (LONG)	1
23	BACKREST CUSHION	1
24	SEAT CUSHION	1
25	INTERSECT PULLEY BRACKET	1
26	DOUBLE PULLEY BRACKET	1
27	PIN (SHORT)	1
28	PIN (LONG)	2
29	LOCK ROD	1
30	PULLEY HOOK	2
31	POP PIN	1
32	KNOB NUT	1
33	CHAIN (SHORT)	2
34	CHAIN (LONG)	1
35	BIG OIL BUSHING	4
36	MIDDLE OIL BUSHING	2
37	LITTLE OIL BUSHING	2
38	CHAIN HOOK	7
39	UPPER CABLE	1
40	LOWER CABLE	1
41	BUTTERFLY CABLE	1
42	φ32 ROUND END PLUG	2
43	SQUARE END CAP (50X50)	4
44	ROUND CAP	4
45	SQUARE ENDPLUG (50X50)	3

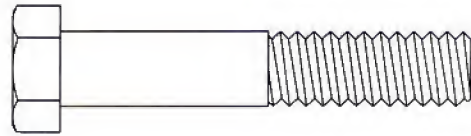
PARTS LIST

46	SQUARE ENDPLUG (45X45)	5
47	SQUARE ENDPLUG (38X38)	10
48	BLACK BALL PIN	2
49	HAND GRIP(φ30)	2
50	FOAM ROLL (φ 23X φ 3-1/2"X7")	2
51	FOAM ROLL (φ 23X φ 4"X7")	2
52	FOAM ROLL (φ 38X φ 3-1/2"X10")	2
53	HAND GRIP(φ25)	4
54	ROUND BUMPER	2
55	SQUARE BUMPER	1
56	ROUND DONUT	2
57	PULLEY (φ3-1/2")	13
58	ANKLE STRAP	1
59	NONE	
60	HANDLE	1
61	PLASTIC BUSHING	2
62	11MM BUSHING	4
63	9MM BUSHING	2
64	3/8"x3-1/8" HEX BOLT	3
65	3/8"x2-7/8" HEX BOLT	8
66	3/8"x2-3/4" HEX BOLT	1
67	3/8"x2-1/2" HEX BOLT	4
68	3/8"x2-3/8" HEX BOLT	2
69	3/8"x2-1/4" HEX BOLT	4
70	3/8"x2-1/8" HEX BOLT	3
71	3/8"x2" HEX BOLT	9
72	3/8"x1" HEX BOLT	2
73	M8X42mm HEX BOLT	1
74	NONE	
75	M8 LOCKNUT	1
76	3/8" LOCKNUT	32
77	1/2" LOCKNUT	1
78	5/8" LOCKNUT	2
79	M8 WASHER	2
80	3/8" WASHER	68
81	1/2" WASHER	2
82	5/8" WASHER	2
83	M10x25mm SCREW	2
84	1/2"x6-3/4" HEX BOLT	1
85	WEIGHT PLATE	14
86	TOP WEIGHT PLATE	1
87	CONNECT PIECE	1
88	M10x25mm HEX BOLT	2
89	M10 WASHER	2
90	7/16"X1-1/2" ALLEN SCREW	1

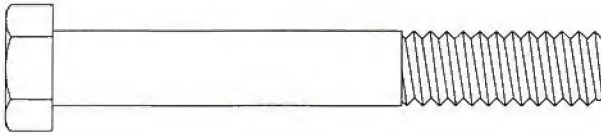
HARDWARE LIST



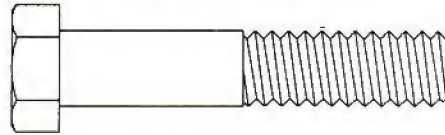
(64) 3/8"x3-1/8" HEX BOLT 3PCS



(70) 3/8"x2-1/8" HEX BOLT 3PCS



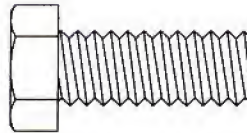
(65) 3/8"x2-7/8" HEX BOLT 8PCS



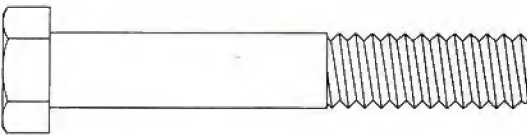
(71) 3/8"x2" HEX BOLT 9PCS



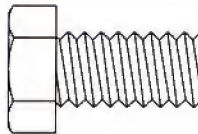
(66) 3/8"x2-3/4" HEX BOLT 1PC



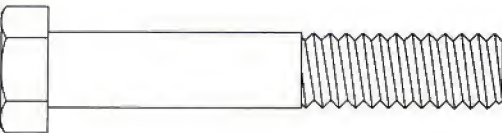
(72) 3/8"x1" HEX BOLT 2PCS



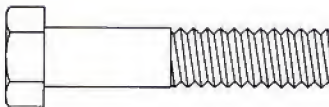
(67) 3/8"x2-1/2" HEX BOLT 4PCS



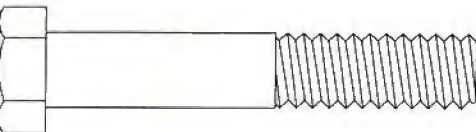
(88) M10x25mm HEX BOLT 2PCS



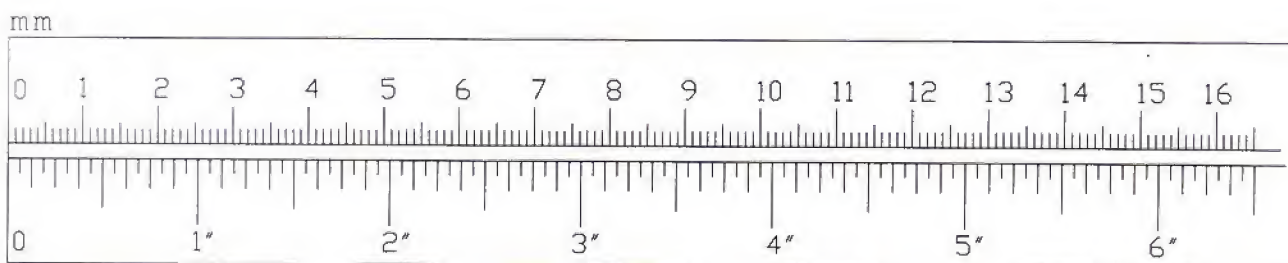
(68) 3/8"x2-3/8" HEX BOLT 2PCS



(73) M8X42mm HEX BOLT 1PC



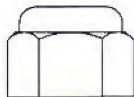
(69) 3/8"x2-1/4" HEX BOLT 4PCS



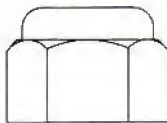
HARDWARE LIST



(75)M8 LOCKNUT
1PC



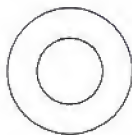
(76)3/8" LOCKNUT
32PCS



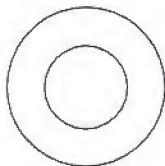
(77)1/2" LOCKNUT
1PC



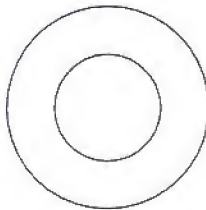
(78)5/8" LOCKNUT
2PCS



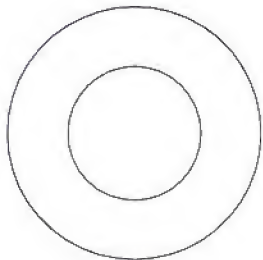
(79)M8 WASHER
2PCS



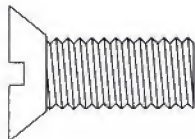
(80)3/8" WASHER
68PCS



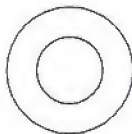
(81)1/2" WASHER
2PCS



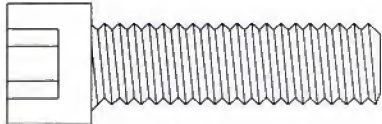
(82)5/8" WASHER
2PCS



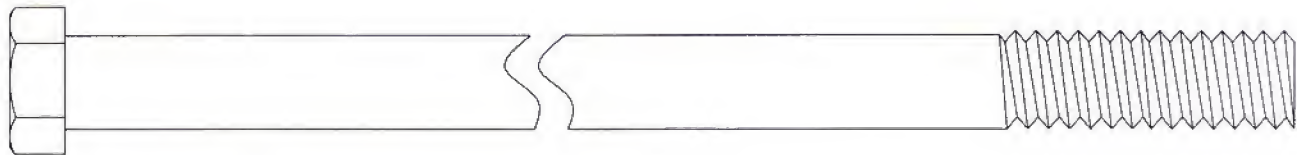
(83)M10x25mmSCREW 1PC



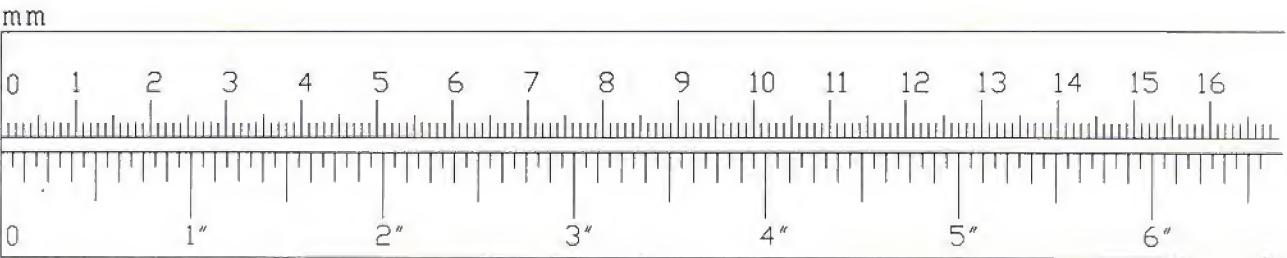
(89)M10 WASHER
2PCS



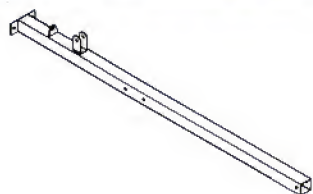
(90)7/16"X1-1/2" ALLEN SCREW 1PC



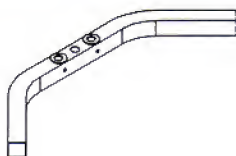
(84)1/2"x6-3/4" HEX BOLT 1PC



PARTDRAW LIST



(1) BASE FRAME



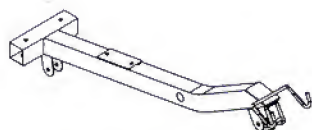
(2) BACK BEAM FRAME



(6) GUIDE ROD



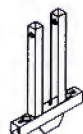
(7) MAIN SUPPORT FRAME



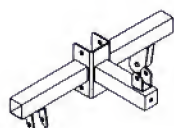
(3) TOP CROSS FRAME



(4) SELECTION ROD



(5) BUTTERFLY EXTENSION



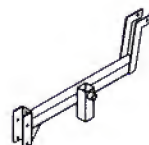
(8) BUTTERFLY MOUNT



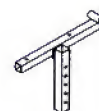
(9) RIGHT BUTTERFLY ARM



(10) LEFT BUTTERFLY ARM



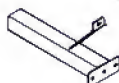
(11) SEAT SUPPORT FRAME



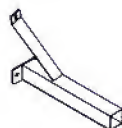
(12) SEAT FRAME



(13) LEG EXTENSION FRAME



(14) RIGHT BASE SUPPORT



(15) LEFT BASE SUPPORT



(16) RIGHT HAND TUBE



(17) LEFT HAND TUBE



(18) FOOT PLATE



(19) LAT BAR



(20) CURL BAR



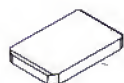
(21) FOAM ROD (SHORT)



(22) FOAM ROD (LONG)



(23) BACKREST CUSHION



(24) SEAT CUSHION



(25) INTERSECT PULLEY BRACKET



(26) DOUBLE PULLEY BRACKET



(27) PIN (SHORT)

PARTDRAW LIST



(28) PIN (LONG)



(29) LOCK ROD



(30) PULLEY
HOOK



(31) POP PIN



(32) KNOB NUT



(33) CHAIN
(SHORT)



(34) CHAIN
(LONG)



(35) BIG
OIL
BUSHING



(36) MIDDLE
OIL BUSHING



(37) LITTLE
OIL BUSHING



(38) CHAIN
HOOK



(39) UPPER
CABLE



(40) LOWER
CABLE



(41) BUTTERFLY
CABLE



(42) ϕ 32
ROUND
END PLUG



(43) SQUARE
END CAP
(50X50)



(44) ROUND
CAP



(45) SQUARE
ENDPLUG
(50X50)



(46) SQUARE
ENDPLUG
(45X45)



(47) SQUARE
ENDPLUG
(38X38)



(48) BLACK
BALL PIN



(49) HAND
GRIP (ϕ 30)



(50) FOAM ROLL
 ϕ 23X ϕ 3-1/2"X7"



(51) FOAM ROLL
 ϕ 23X ϕ 4"X7"



(52) FOAM ROLL
 ϕ 38X ϕ 3-1/2"X10"



(53) HAND
GRIP (ϕ 25)



(54) ROUND
BUMPER



(55) SQUARE
BUMPER



(56) ROUND
DONUT



(57) PULLEY
(ϕ 3-1/2")



(58) ANKLE
STRAP



(60) HANDLE



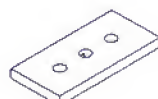
(61) PLASTIC
BUSHING



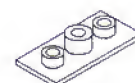
(62) 11MM
BUSHING



(63) 9MM
BUSHING



(85) WEIGHT
PLATE



(86) TOP
WEIGHT
PLATE



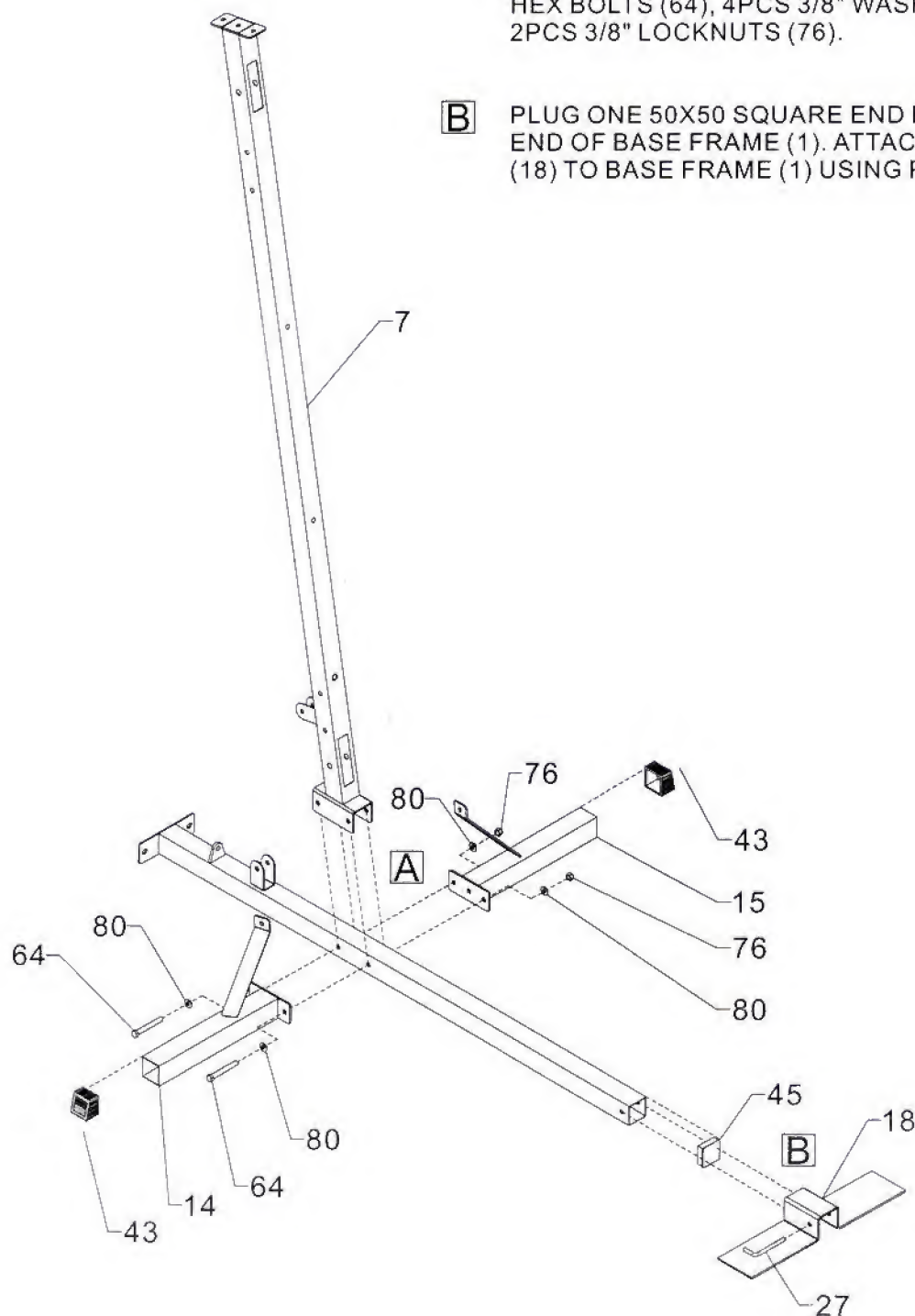
(87) CONNECT
PIECE

UPRIGHT ASSEMBLY

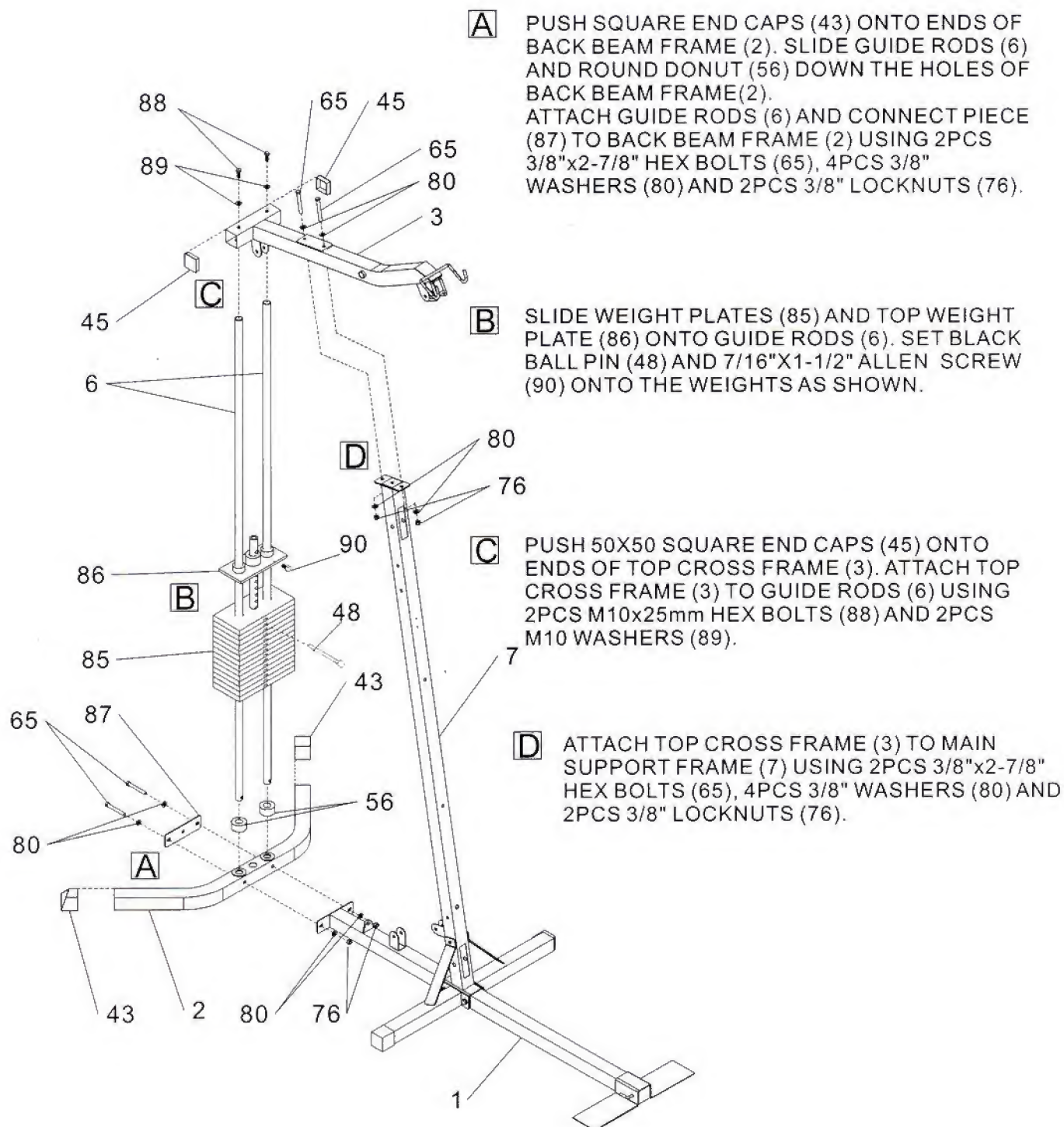


A PUSH TWO SQUARE END CAPS (43) ONTO ENDS OF BASE SUPPORTS (14, 15). ATTACH BASE SUPPORTS (14, 15) AND MAIN SUPPORT FRAME (7) TO BASE FRAME (1) USING 2PCS 3/8"x3-1/8" HEX BOLTS (64), 4PCS 3/8" WASHERS (80) AND 2PCS 3/8" LOCKNUTS (76).

B PLUG ONE 50X50 SQUARE END PLUG (45) INTO END OF BASE FRAME (1). ATTACH FOOT PLATE (18) TO BASE FRAME (1) USING PIN (27).



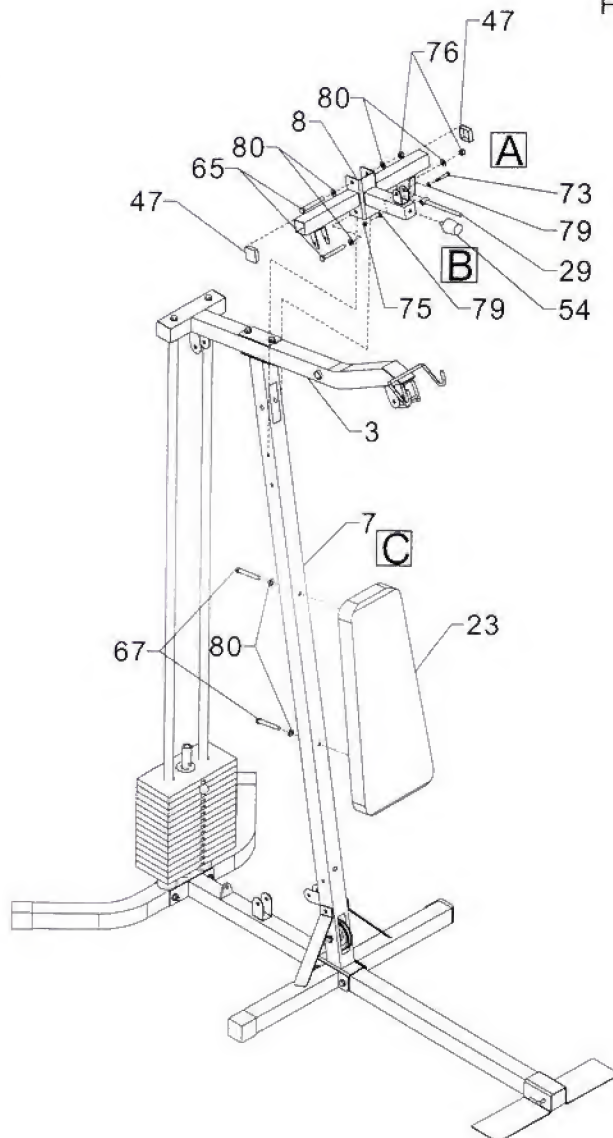
TOP FRAME ASSEMBLY



A PUSH 38X38 SQUARE END PLUGS (47) ONTO ENDS OF BUTTER FLY MOUNT (8). ATTACH BUTTER FLY MOUNT (8) TO MAIN SUPPORT FRAME (7) USING 2PCS 3/8"x2-7/8" HEX BOLTS (65), 4PCS 3/8" WASHERS (80) AND 2PCS 3/8" LOCKNUTS (76).

B SCREW ROUND BUMPER (54) ONTO BUTTER FLY MOUNT (8). ATTACH LOCK ROD (29) TO THE BRACKET OF BUTTER FLY MOUNT (8) USING 1PC M8X42mm HEX BOLT (73), 2PCS M8 WASHERS (79) AND 1PC M8 LOCKNUT (75).

C ATTACH BACKREST CUSHION (23) TO MAIN SUPPORT FRAME (7) USING 2PCS 3/8"x2-1/2" HEX BOLT (67) AND 2PCS 3/8" WASHERS (80).



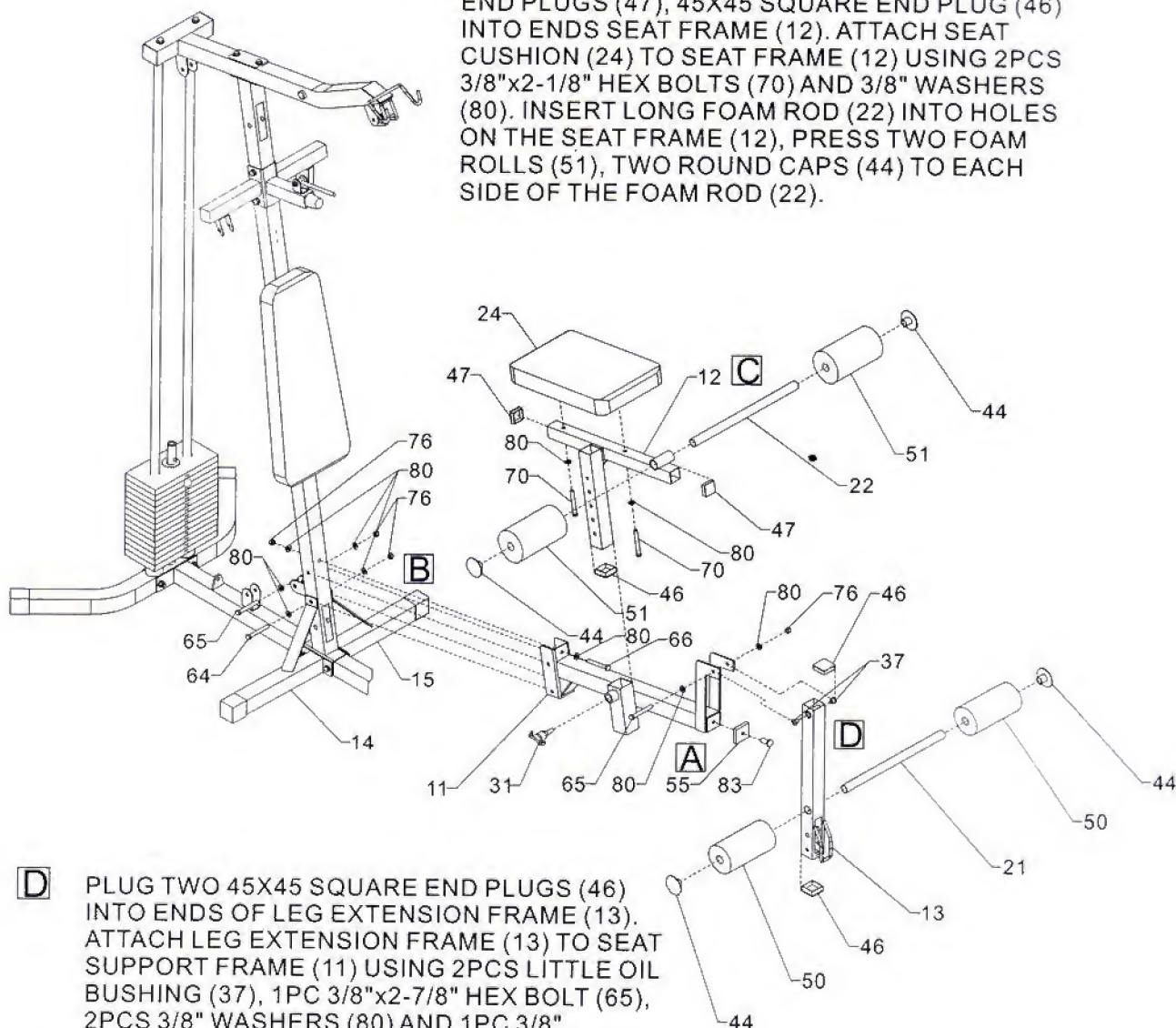
SEAT SUPPORT ASSEMBLY



- A** ATTACH SQUARE BUMPER (55) TO SEAT SUPPORT FRAME (11) USING 1PC M10x25mm SCREW (83). ATTACH SEAT SUPPORT FRAME (11) TO MAIN SUPPORT FRAME (7) USING 1PC 3/8"x2-7/8" HEX BOLT (65), 2PCS 3/8" WASHERS (80) AND 1PC 3/8" LOCKNUT (76).

- B** SECURE BASE SUPPORTS (14, 15) TO MAIN SUPPORT FRAME (7) USING 1PC 3/8"x3-1/8" HEX BOLT (64), 2PCS 3/8" WASHERS (80) AND 3/8" LOCKNUT (76).

- C** SLIDE SEAT FRAME (12) INTO SEAT SUPPORT FRAME (11) USING 1PC POP PIN (31) AT DESIRED HEIGHT. PLUG TWO 38X38 SQUARE END PLUGS (47), 45X45 SQUARE END PLUG (46) INTO ENDS SEAT FRAME (12). ATTACH SEAT CUSHION (24) TO SEAT FRAME (12) USING 2PCS 3/8"x2-1/8" HEX BOLTS (70) AND 3/8" WASHERS (80). INSERT LONG FOAM ROD (22) INTO HOLES ON THE SEAT FRAME (12), PRESS TWO FOAM ROLLS (51), TWO ROUND CAPS (44) TO EACH SIDE OF THE FOAM ROD (22).



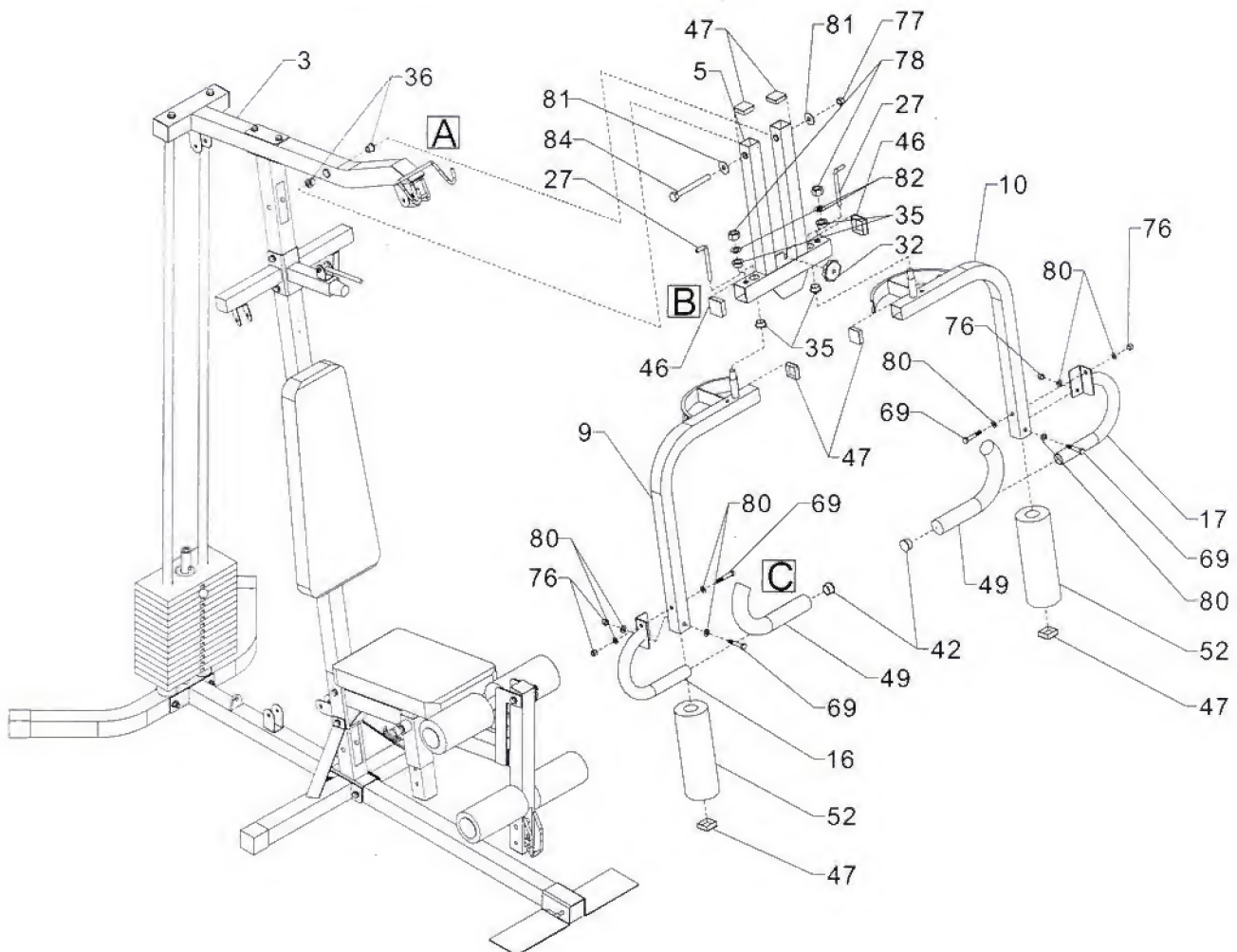
- D** PLUG TWO 45X45 SQUARE END PLUGS (46) INTO ENDS OF LEG EXTENSION FRAME (13). ATTACH LEG EXTENSION FRAME (13) TO SEAT SUPPORT FRAME (11) USING 2PCS LITTLE OIL BUSHING (37), 1PC 3/8"x2-7/8" HEX BOLT (65), 2PCS 3/8" WASHERS (80) AND 1PC 3/8" LOCKNUT (76). INSERT SHORT FOAM ROD (21) INTO HOLES ON THE LEG EXTENSION FRAME (13), PRESS TWO FOAM ROLLS (50), TWO ROUND CAPS (44) TO EACH SIDE OF THE SHORT FOAM ROD (21).

PRESS SUPPORT ASSEMBLY



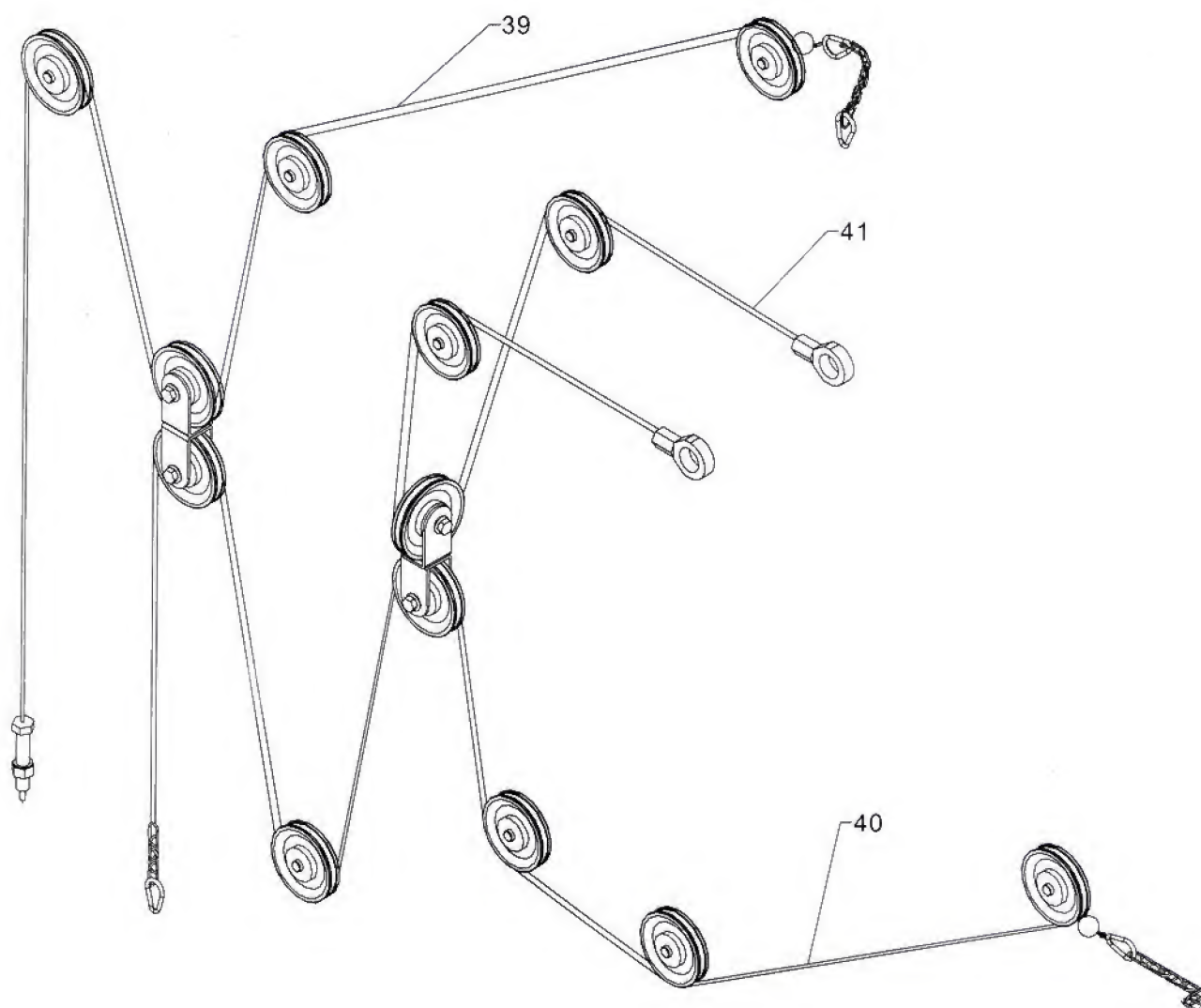
A PLUG TWO 38X38 SQUARE END PLUGS (47), TWO 45X45 SQUARE END PLUGS (46) INTO ENDS BUTTERFLY EXTENSION (5). ATTACH BUTTERFLY EXTENSION (5) TO TOP CROSS FRAME (3) USING 2PCS MIDDLE OIL BUSHINGS (36), 1/2"x6-3/4" HEX BOLT (84), 2PCS 1/2" WASHERS (81) AND 1/2" LOCKNUT (77).

B PUSH FOUR BIG OIL BUSHINGS (35) INTO THE HOLES ON THE BUTTERFLY EXTENSION (5) AS SHOWN. ATTACH THE THREADED BOLTS OF BUTTERFLY ARMS (9, 10) INTO THE BIG OIL BUSHINGS (35) OF THE BUTTERFLY EXTENSION (5) USING 2PCS 5/8" WASHERS (82) AND 2PCS 5/8" LOCKNUTS (78).



C PUSH TWO FOAM ROLLS (52) INTO BUTTERFLY ARMS (9, 10) AS SHOWN. ATTACH HAND TUBES (16, 17) TO BUTTERFLY ARMS (9, 10) USING 4PCS 3/8"x2-1/4" HEX BOLTS (69), 8PCS 3/8" WASHERS (80) AND 4PCS 3/8" WASHERS (76). PUSH TWO 38X38 SQUARE END PLUGS (47), 2PCS Φ 30 HAND GRIPS (49), 2PCS Φ 32 ROUND END PLUGS (42) INTO BUTTERFLY ARMS (9, 10) AS SHOWN.

CABLE INSTALLATION



UPPER CABLE 3910MM



LOWER CABLE 2860MM



BUTTERFLY CABLE 2630MM

ASSEMBLY



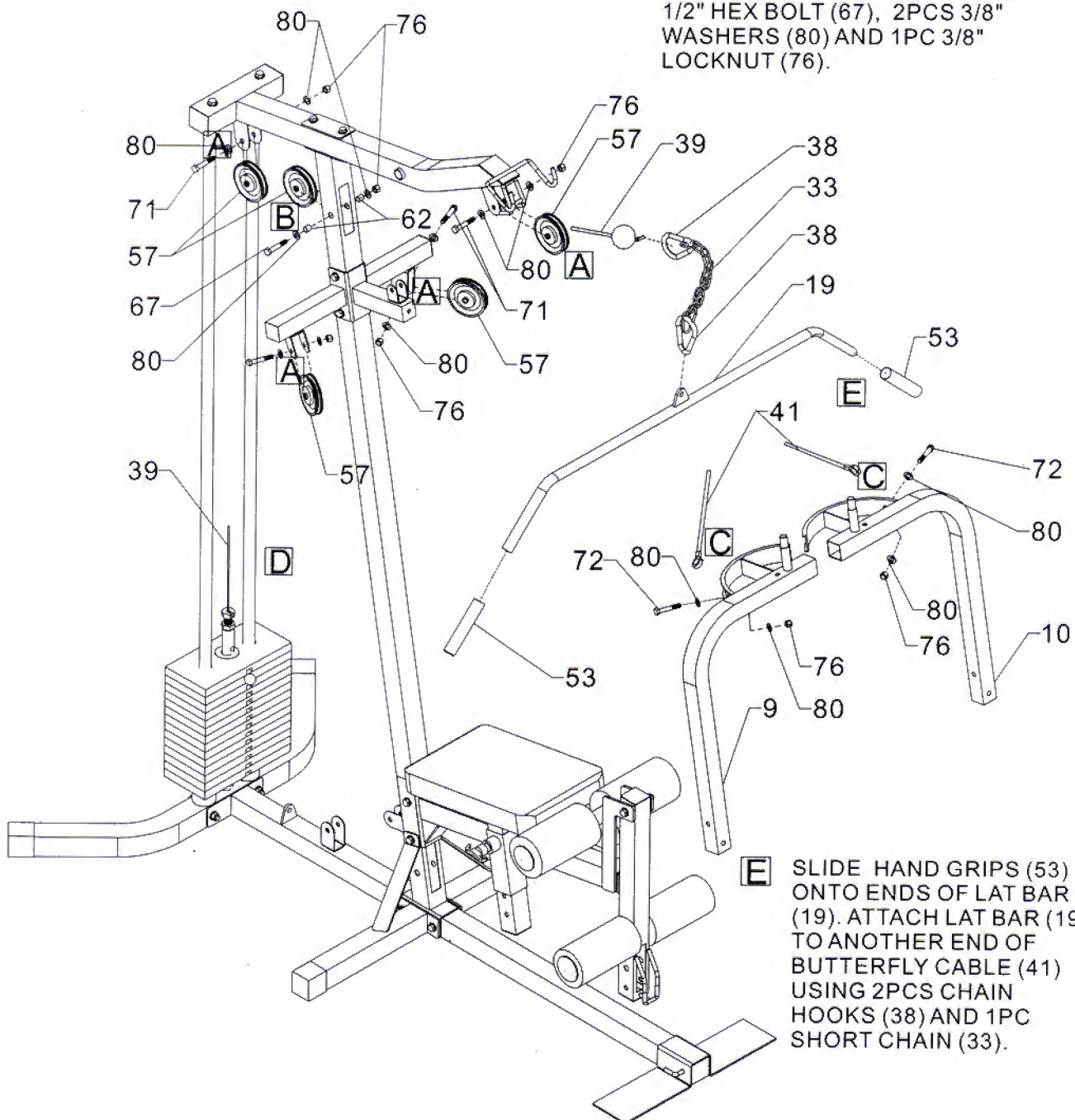
NOTE: ROTATE CABLES (39, 41) AS CABLE INSTALLATION.

- C** ATTACH BUTTERFLY CABLE (41) ONTO BUTTERFLY ARMS (9, 10) USING 2PCS 3/8"x1" HEX BOLTS (72) AND 2PCS 3/8" WASHERS (80).

- D** SCREW NUT END OF UPPER CABLE (39) TO TOP OF WEIGHT SELECTION (4).

- A** ATTACH TWO PULLEYS (57) INTO THE PULLEY BRACKETS OF THE TOP CROSS FRAME (3), ATTACH TWO PULLEYS (57) INTO TWO PULLEY BRACKETS OF BUTTERFLY MOUNT (8) USING 4PCS 3/8"x2" HEX BOLTS (71), 8PCS 3/8" WASHERS (80) AND 4PCS 3/8" LOCKNUTS (76).

- B** ATTACH ONE PULLEY (57) INTO THE PULLEY HOLES OF THE MAIN SUPPORT FRAME (7) USING 2PCS 11MM BUSHINGS (62), 1PC 3/8"x2-1/2" HEX BOLT (67), 2PCS 3/8" WASHERS (80) AND 1PC 3/8" LOCKNUT (76).



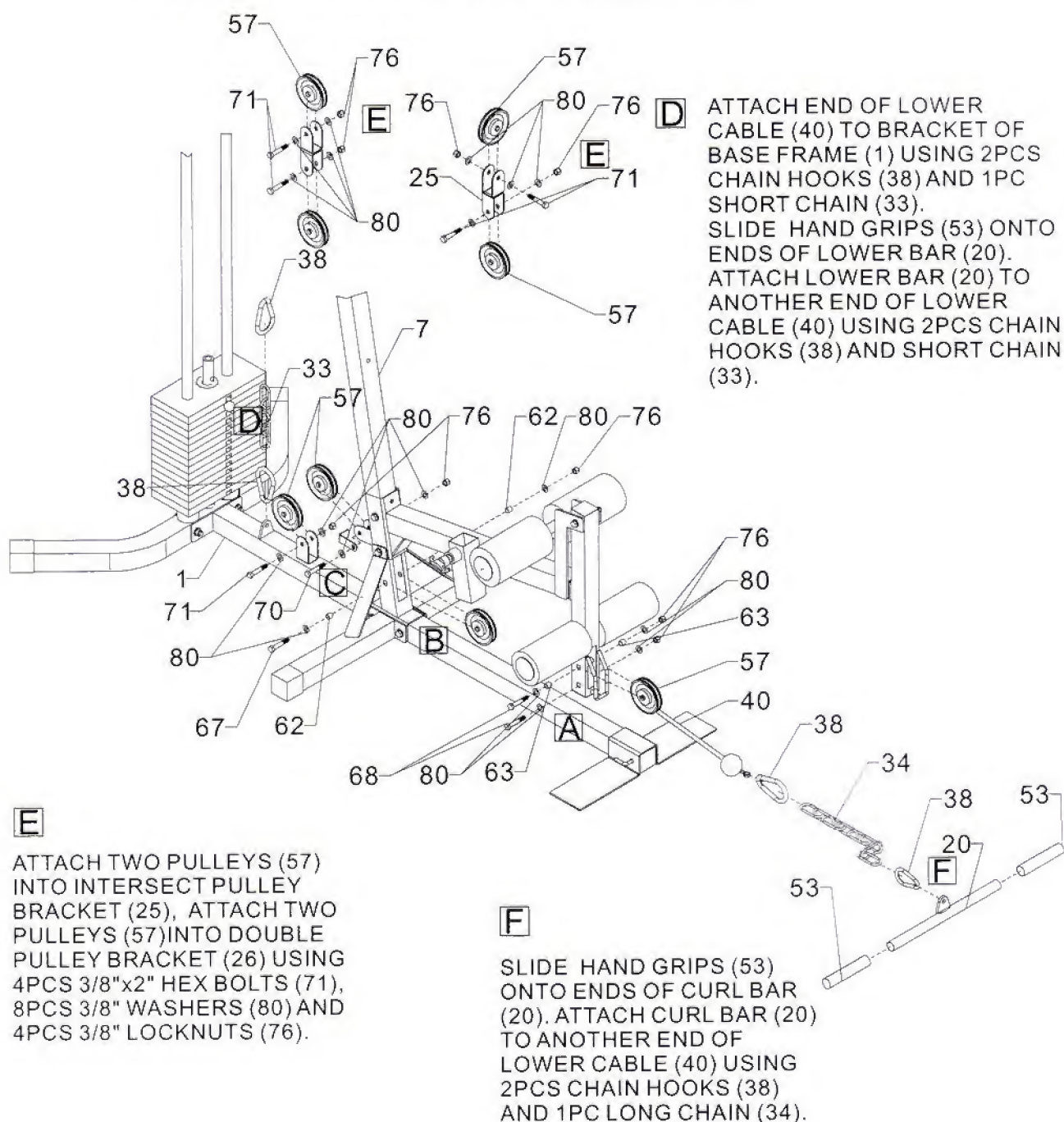
- E** SLIDE HAND GRIPS (53) ONTO ENDS OF LAT BAR (19). ATTACH LAT BAR (19) TO ANOTHER END OF BUTTERFLY CABLE (41) USING 2PCS CHAIN HOOKS (38) AND 1PC SHORT CHAIN (33).

ASSEMBLY



NOTE: ROTATE LOWER CABLES (40) AS CABLE INSTALLATION.

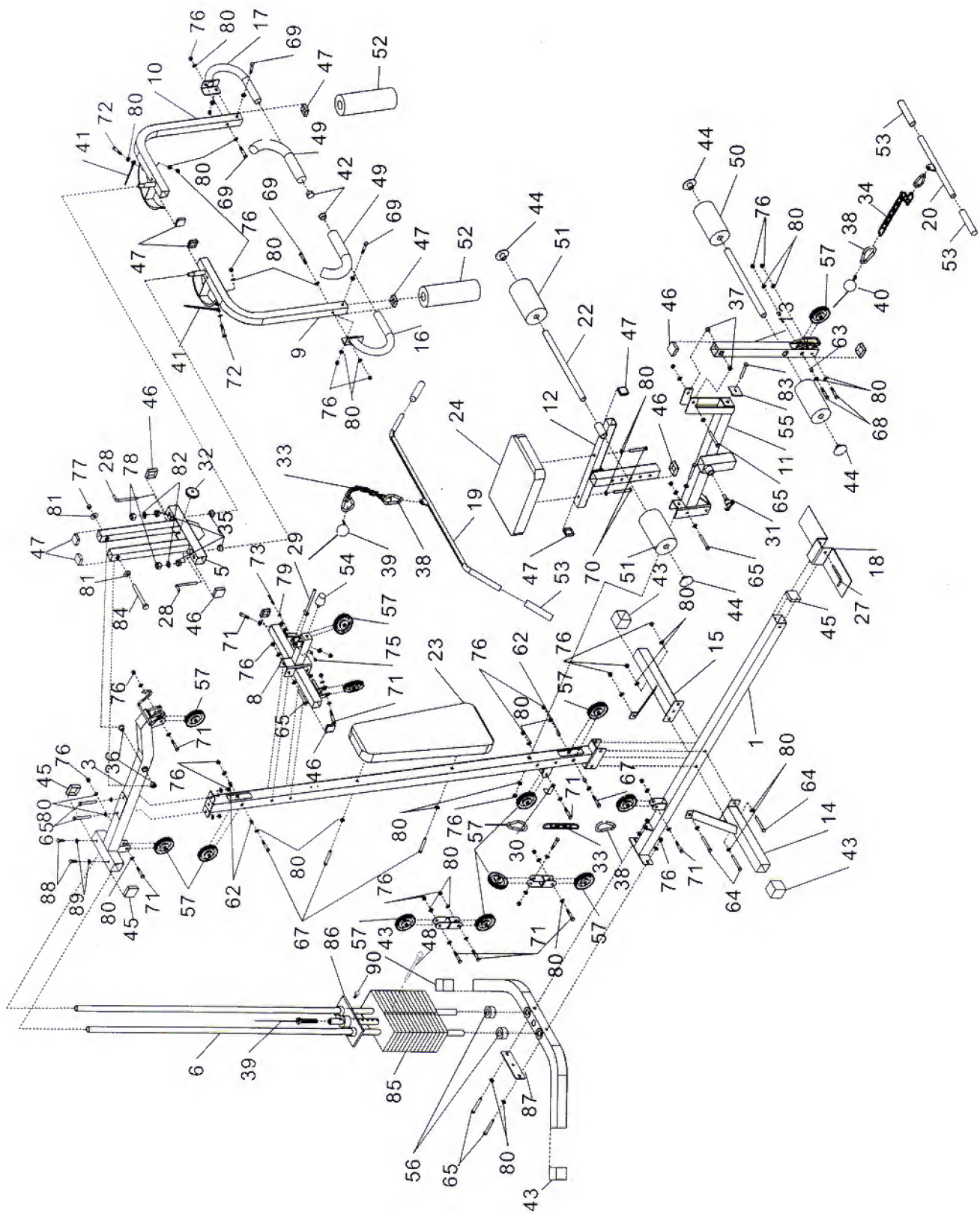
- A** ATTACH ONE PULLEY (57) INTO THE PULLEY HOLES OF THE LEG EXTENSION FRAME (13) USING 2PCS 9MM BUSHINGS (63), 1PC 3/8"x2-3/8" HEX BOLT (68), 2PCS 3/8" WASHERS (80) AND 1PC 3/8" LOCKNUTS (76).
- B** ATTACH ONE PULLEY (57) INTO LOWER PULLEY HOLES OF THE MAIN SUPPORT FRAME (7) USING 2PCS 11MM BUSHINGS (62), 1PC 3/8"x2-1/2" HEX BOLT (67), 2PCS 3/8" WASHERS (80) AND 1PC 3/8" LOCKNUT (76).
- C** ATTACH ONE PULLEY (57) INTO BACK PULLEY BRACKET OF MAIN SUPPORT FRAME (7) USING 2PCS PULLEY HOOKS (30), 1PC 3/8"x2-1/8" HEX BOLT (70), 2PCS 3/8" WASHERS (80) AND 1PC 3/8" LOCKNUTS (76). ATTACH ONE PULLEY (57) INTO PULLEY BRACKET OF BASE FRAME (1) USING 1PC 3/8"x2" HEX BOLT (71), 2PCS 3/8" WASHERS (80) AND 1PC 3/8" LOCKNUT (76).



- E** ATTACH TWO PULLEYS (57) INTO INTERSECT PULLEY BRACKET (25), ATTACH TWO PULLEYS (57) INTO DOUBLE PULLEY BRACKET (26) USING 4PCS 3/8"x2" HEX BOLTS (71), 8PCS 3/8" WASHERS (80) AND 4PCS 3/8" LOCKNUTS (76).

- F** SLIDE HAND GRIPS (53) ONTO ENDS OF CURL BAR (20). ATTACH CURL BAR (20) TO ANOTHER END OF LOWER CABLE (40) USING 2PCS CHAIN HOOKS (38) AND 1PC LONG CHAIN (34).

Exploded View





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